

**WHAT IS CLAIMED IS:**

1. A hand washing composition comprising:
  - a. a pH indicator; and
  - b. a delivery system comprising a pH-altering compound.
- 5 2. The composition of claim 1 wherein the pH indicator is a flavin.
3. The composition of claim 2 wherein the flavin is a red cabbage isolate.
4. The composition of claim 1 wherein the delivery system further comprises an alginate.
5. The composition of claim 4 wherein the alginate is in the form of beads that are approximately from 1mm to 3mm in diameter.
- 10 6. The composition of claim 5 wherein the alginate is in the form of beads that are approximately 2mm in diameter.
7. The composition of claim 1 wherein the pH-altering compound is bicarbonate.
8. The composition of claim 1 further comprising a soap including the pH indicator.
9. The composition of claim 1 further comprising a detergent including the pH indicator..
- 15 10. A method of washing hands for an approximate predetermined period of time, the method comprising:
  - a. applying a pH indicator to the hands;
  - b. applying a delivery system comprising a pH-altering compound to the hands;
  - and
  - 20 c. mixing the pH indicator with the delivery system.
11. The method of claim 10 wherein the pH indicator is a flavin.
12. The method of claim 11 wherein the flavin is a red cabbage isolate.
13. The method of claim 10 wherein the delivery system further comprises an alginate.
14. The method of claim 10 wherein the pH-altering compound is a bicarbonate.
- 25 15. The method of claim 10 further comprising a soap including the pH indicator.
16. The method of claim 10 further comprising a detergent including the pH indicator.
17. A system for washing hands , the system comprising:
  - a. a pH indicator;
  - b. a delivery system, the delivery system comprising a pH-altering compound;
  - and
  - 30 c. a dispenser containing the pH indicator and the delivery system.

18. The system of claim 17 wherein the pH indicator is a flavin.
19. The system of claim 18 wherein the flavin is a red cabbage isolate.
20. The system of claim 17 wherein the delivery system further comprises an alginate.
21. The system of claim 17 wherein the pH-altering compound is a bicarbonate.
- 5 22. The system of claim 17 further comprising a soap including the pH indicator.
23. The system of claim 17 further comprising a detergent including the pH indicator.
24. The system of claim 22 wherein the dispenser contains two compartments, the first  
compartment for the soap containing the pH indicator and the second compartment for  
the delivery system containing the pH-altering compound.
- 10 25. The system of claim 23 wherein the dispenser contains two compartments, the first  
compartment for the detergent containing the pH indicator and the second compartment  
for the delivery system containing the pH-altering compound.
26. The composition of claim 1, wherein the pH indicator is a flavin, the delivery system  
further comprises an alginate, and the pH-altering compound is a bicarbonate.
- 15 27. The composition of claim 1, wherein the pH indicator is a red cabbage isolate, the  
delivery system further comprises an alginate, and the pH-altering compound is  $\text{NaHCO}_3$ .